

MESSAGES ABOUT HIGH BLOOD PRESSURE FOR HEALTH CARE PROFESSIONALS

As a health care professional, you can help patients get their blood pressure under control. Their lives depend on it.

- Health care professionals – doctors, nurses, pharmacists, and community health workers – play a key role in helping Americans better control their blood pressure, meaning fewer deaths from heart disease and stroke.
- Prioritize control of high blood pressure, which helps prevent heart attack, stroke, and kidney failure. Help your patients follow treatment instructions and activate your staff to emphasize the importance of taking medications as prescribed.
- Track and improve blood pressure control through health information technology and quality improvement.
 - Report on the blood pressure-related elements of the Cardiovascular Prevention Measures Group in the CMS Physician Quality Reporting System.
 - Use electronic health records with clinical decision support tools and patient registries to make the most of every opportunity to start or adjust treatment for high blood pressure. For example, use the registry functionality to detect patients with uncontrolled hypertension and recall them for follow-up.
- Use your entire team of health care professionals to improve coordination and to help patients develop healthy habits like regular physical activity, lower sodium diets, and persistent use of blood pressure medication.
- Use culturally appropriate education materials, patient navigators, and community health workers to address barriers to blood pressure control.
 - http://email.nhlbihin.net/Category/25_1/For_Public_Patients.aspx
 - http://email.nhlbihin.net/Category/13_1/For_Public_Patients.aspx

- http://email.nhlbihin.net/Category/16_1/For_Public_Patients.aspx
- http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/dash_brief.pdf
- Ask your patients if they take blood pressure medications as prescribed. If they're having trouble, offer tips such as:
 - Reminders from family member(s)
 - Automatic refills
 - A different drug to ease side effects
 - No- or low-cost options

Million Hearts™ is working with health care professionals and other partners to save a million hearts by 2017. In addition to improving blood pressure control among your patients, you can:

- **Take the pledge at <http://millionhearts.hhs.gov>.** And recruit 20 patients and partners to do the same.
- **Drive awareness of the Million Hearts™ initiative.** Include Million Hearts™ blood pressure messages in your newsletters and other communications with patients.

Connect with us! Share your own success stories on [Facebook](#) and follow us on Twitter [@MillionHeartsUS](#)